

Full Report (All Nutrients) 20030, Hominy, canned, white

Report Date: June 27, 2017 03:57 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.46 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g
Proximates					
Water	g	82.53	9	1.910	136.17
Energy	kcal	72	--	--	119
Energy	kJ	301	--	--	497
Protein	g	1.48	7	0.237	2.44
Total lipid (fat)	g	0.88	7	0.176	1.45
Ash	g	0.86	7	0.085	1.42
Carbohydrate, by difference	g	14.26	--	--	23.53
Fiber, total dietary	g	2.5	--	--	4.1
Sugars, total	g	1.82	--	--	3.00
Minerals					
Calcium, Ca	mg	10	9	2.154	16
Iron, Fe	mg	0.62	9	0.099	1.02
Magnesium, Mg	mg	16	7	0.883	26
Phosphorus, P	mg	35	7	3.020	58
Potassium, K	mg	9	7	2.049	15
Sodium, Na	mg	345	--	--	569
Zinc, Zn	mg	1.05	6	0.103	1.73
Copper, Cu	mg	0.030	5	0.013	0.050
Manganese, Mn	mg	0.070	2	--	0.116
Selenium, Se	µg	3.0	--	--	5.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g
Thiamin	mg	0.003	8	0.002	0.005
Riboflavin	mg	0.006	8	0.003	0.010
Niacin	mg	0.033	6	0.013	0.054
Pantothenic acid	mg	0.154	4	0.052	0.254
Vitamin B-6	mg	0.005	4	0.003	0.008
Folate, total	µg	1	4	0.122	2
Folic acid	µg	0	--	--	0
Folate, food	µg	1	4	0.122	2
Folate, DFE	µg	1	--	--	2
Choline, total	mg	3.1	--	--	5.1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	1	--	--	2
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	30	--	--	50
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.08
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.2	--	--	0.3
Lipids					
Fatty acids, total saturated	g	0.123	--	--	0.203
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g
16:0	g	0.105	197	--	0.173
18:0	g	0.014	197	--	0.023
Fatty acids, total monounsaturated	g	0.231	--	--	0.381
16:1 undifferentiated	g	0.001	197	--	0.002
18:1 undifferentiated	g	0.230	197	--	0.380
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.399	--	--	0.658
18:2 undifferentiated	g	0.387	197	--	0.639
18:3 undifferentiated	g	0.012	197	--	0.020
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.008	--	--	0.013
Threonine	g	0.050	--	--	0.083
Isoleucine	g	0.058	--	--	0.096
Leucine	g	0.202	--	--	0.333
Lysine	g	0.033	--	--	0.054
Methionine	g	0.031	--	--	0.051
Cystine	g	0.033	--	--	0.054
Phenylalanine	g	0.076	--	--	0.125
Tyrosine	g	0.056	--	--	0.092
Valine	g	0.077	--	--	0.127
Arginine	g	0.068	--	--	0.112
Histidine	g	0.045	--	--	0.074
Alanine	g	0.107	--	--	0.177
Aspartic acid	g	0.115	--	--	0.190
Glutamic acid	g	0.299	--	--	0.493
Glycine	g	0.052	--	--	0.086

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g
Proline	g	0.138	--	--	0.228
Serine	g	0.065	--	--	0.107
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0